

**Amendments to the Specification**

Please replace paragraph [0044] with the following amended paragraph:

[0044] FIGS. 21A, 21B, and 21C shown a grip accessory of the present invention as attached to a grip of an exercise device, where FIG. 21A illustrates a hand gripping three cords, FIG. ~~[[22B]]~~ 21B illustrates the hand gripping two cords, and FIG. ~~[[22C]]~~ 21C illustrates the hand gripping one cord;

Please replace paragraph [0045] with the following amended paragraph:

[0045] FIGS. 22A, 22B, 22C, and 22D show one embodiment of the grip accessory of FIGS. 21A-C, where FIG. ~~[[21A]]~~ 22A is a perspective view of the grip accessory, FIG. ~~[[21B]]~~ 22B is a top view of the grip accessory, FIG. ~~[[21C]]~~ 22C is a bottom view of the grip accessory, and FIG. ~~[[21D]]~~ 22D is sectional side view ~~[[21D-21D]]~~ 22D-22D of FIG. ~~[[21C]]~~ 22C;

Please replace paragraph [0051] with the following amended paragraph:

[0051] Exercise device **100** includes an anchor **110** and an elongated member **120** having a pair of arms **122**, indicated as a first arm **122a** and a second arm **122b**, on either side of the anchor, as shown schematically in FIGS. 1 and 2. A pair of grips **123** is provided, with one positioned at the end of each arm **122**, specifically first arm **122a** has a first grip **123a**, and second arm **122b** has a second grip **123b**. Elongated member **120** is substantially inelastic and flexible with a length **S** between the pair of grips **123**, and ~~[[has a portion 129 that can]]~~ includes be a strap or cord or other inelastic, flexible member, and a lengthening mechanism **135** that provides for increasing or decreasing the length **S**, as indicated by double arrows  $\Delta S$ .

Please replace paragraph [0053] with the following amended paragraph:

[0053] When supported by a structure, such as door D (shown in FIGS. 1-3) or a railing, pole or other support member (not shown) the inventive exercise device provides a pair of grips for a user to exercise against her weight according the user's position relative to the device, and provides for easily adjusting the length of the device. As described below, the inventive device can be used to exercise in any one of a large number of orientations according the selected adjustable length and according to where and how the user stands relative to the exercise device. In general, a user sets the exercise device to a desired length, positions herself on the ground near the exercise device, supports

a portion of her body weight from the exercise device by her hands or feet, and [[exercised]] exercises by moving her body with her weight supported by the ground and the exercise device. Examples of support on the ground and exercise device include, but are not limited to, standing on one or both legs, lying on the stomach or the back, kneeling, or by having the hands on the ground, and having the exercise device support ones weight by the hands or feet, as appropriate.

Please replace paragraph [0056] with the following amended paragraph:

[0056] FIGS. 4-9 are various views of another embodiment of an exercise device **400** of the present invention. Referring first to FIG. 4, a perspective view of exercise device **400** is shown as including an anchor **410** and an elongated member **420**. Anchor **410** includes an inelastic, flexible strap **413** having an enlarged first end **411** that is wider than the strap, and a second end that forms a loop **415**. Elongated member **420** passes through loop **415**, defining a pair of arms **422**, indicated as arm **422a** and **422b**. Each arm **422** has a respective end **421**, shown as end **421a** and **421b**, each forming a loop **425**, shown as loop **425a** and **425b**, to support [[with]] one of a pair of grips **423**, shown as grip **423a** and **423b**. Elongated member **420** also includes a pair of lengthening devices or buckles **435**, shown as buckle **435a** and **435b**, at either end of a central strap **429** that provides for the adjustment of the length of the elongated member. Specifically, strap **429** has a pair of ends **431**, indicated as **431a** and **431b**, that pass through buckle **435a** and **435b**, respectively. As described subsequently, elongated member **420** is substantially inelastic, with the length of the elongated member being adjustable through the action of one or both of the pair of buckles **435**.

Please replace paragraph [0059] with the following amended paragraph:

[0059] Elongated member **420** is shown in greater detail in FIGS. 6-9, where FIG. 6 is a schematic top view of the elongated member, FIG. 7 is a perspective view of one of the pair of grips **421** and the corresponding one of the pair of buckles **435**, FIG. 8 is a sectional view 8-8 of one of the pair of grips **421**, and FIG. 9A is a perspective view showing details of one of the pair of buckles and the adjoining strap **429**. As shown in FIG. 6, the elongated member **420** has length **S**, and includes two inelastic strap portions **427**, indicated as **427a** and **427b**, strap **429** and the pair of buckles **435** for adjusting the length **S**. The portion of elongated member **420** from each end to the nearest buckle has a fixed length - that is, each of the two portions from one of the pair of ends **421** to the corresponding one of the pair of buckles **435** has a fixed length. It is preferred that the length **S** is

adjustable over a length that allows for a wide range of exercises. Preferably, length S can be varied in length from approximately 6 feet to 12 feet. Also preferably, elongated member 420 has a width of approximately 1.5". It is also preferred that the surface finish of strap 429 and loop 415 allows the user to easily slide the elongated member 420 along anchor ~~[[420]]~~ 410, while providing enough friction so that there can be some mis-match in forces on the two ends 421 without the elongated member sliding through the anchor while a user is exercising.

Please replace paragraph [0061] with the following amended paragraph:

[0061] Buckle 435 has a frame 709, a first strap bar 705, a second strap bar 707, and a user movable cam 711. First strap bar 705 supports a loop of ~~[[Strap]]~~ strap 427 ~~[[has one end that loops about first strap bar 705, and a second, free end 431 that loops about second strap bar 707. This loop of strap 427 about bar 705]]~~ that is preferably secured by stitches 703. Alternatively, strap 427 can be secured to bar 705 through a second member, such as another looped strap or a plastic or metal piece that loops about bar 705 and provides a location to attach strap 427. Strap 427 has an opposite end that is bound with stitches 701 to form loop 425 to secure grip 423, as described subsequently. Second strap bar 707 and cam 711 supports strap 429. ~~[[In addition, it]]~~ It is understood that the use of stitches as described herein to fasten strap portions can also be accomplished through the use of other methods of fastening, such as glue or by melting strap portions together.

Please replace paragraph [0065] with the following amended paragraph:

[0065] While exercise device 400 has been described with respect to a particular embodiment, there are many alternative embodiments that are within the scope of the present invention. Thus, for example, there are many embodiments that provide for an adjustable length, substantially inelastic, strap-like member that has an easily adjustable length and balance of the two sides of the strap-like member about the anchor. One alternative embodiment is shown in FIGS. 10 and 11, where FIG. 10 is a schematic top view of an alternative elongated member ~~[[820]]~~ 1020 having one cam buckle ~~[[425]]~~ 435 as a lengthening device, and two finger grips ~~[[1001]]~~ 4001, and FIG. 11 is a sectional view of alternative finger grips. The use of one buckle 435 provides a lighter exercise device 400, but results in a smaller useful range of lengths for elongated member 1020. Finger grips 4001 include four holes 4101 for the user's fingers, and allows for exercise of one or more finger muscles. Modified finger grips can alternatively be provided as an "add-on" modification to elongated

member **420**, allowing the user to switch between finger and hand grips. A variety of other add-on grip accessories, not shown, can be used with exercise device **400**, including but not limited to a cord grip for forearm development, a heel cup accessory for securing the feet to the handles for leg development exercises.

Please replace paragraph [0068] with the following amended paragraph:

[0068] In addition to being equally balanced between the two arms, it is possible to [[user]] use the inventive device to provide differing arm lengths for exercising. FIGS. 13A-13C illustrate the lengthening and adjusting of exercise device **400** having differing lengths of arms **422**, where FIG. 13A is an initial configuration, FIG. 13B shows the application of force to one of the pair of arms **422**, and FIG. 13C shows the application of force to the grips during an exercise. For illustrate purposes, FIG. 13A is assumed to be an initial configuration of an anchored device, and it assumed that the user wishes to adjust the length of arms **422** to different lengths. First, the user preferentially pulls on the shorter leg **422b** as indicated by force vector **F1** of FIG. 13B. The user can then exercise, as indicated by the equal forces **F2** of FIG. 13C. In practice, it is not necessary for the two forces of FIG. 13C to be equal, since as illustrated in FIG. 12, as the application of force to legs **422** away from anchor **410** increases the friction between elongated member **420** and the anchor also increases. This limits the possibility that the arm lengths will change, even under some mis-match of applied forces. The adjustment of arms **422** to different lengths can be combined with the lengthening or shortening of the length **S** by actuating one or both of buckles **435**.

Please replace paragraph [0069] with the following amended paragraph:

[0069] Various mechanisms for providing a fixed anchor point are within the scope of the present invention. Thus, it is within the scope of the present invention to provide an exercise device that can be anchored in a door, about a pole, railing or stanchion, from a hook installed in a wall, or can be permanently affixed to a wall or exercise structure, for example. FIG. 14A is an alternate embodiment anchor [[1400]] 1410 that can be used for attaching the exercise device to a pole or railing, and FIG. 14B is an exercise device of the present invention anchored to a pole using the alternative anchoring embodiment of FIG. 14A.

Please replace paragraph [0072] with the following amended paragraph:

[0072] FIG. 14B shows exercise device **1400** formed from anchor **1410** and elongated member **420**. [[Anchor]] Adjustable loop **1413** of anchor **1410** is tightened about a pole P[.], for example, by placing the adjustable [[Adjustable]] loop [[1411 may be placed]] over the top of the pole and tightened using cam buckle **1412**. Alternatively, strap **1411** can unthreaded from cam buckle **1412**, wrapped about pole **P**, and then threaded through the cam buckle and tightened. In either case, end **1414** is the pulled through cam buckle **1412** and adjustable loop **1419** is tightened about pole **P** with sufficient force to allow exercise device **1400** to support a [[users]] user's weight.

Please replace paragraph [0074] with the following amended paragraph:

[0074] FIG. 23 shows an anchor **2300** including a flexible strap **2301** with a first end **2305** having a loop **2307** held in place with stitching **2311** and a second end **2303** having a carabineer **2304** held in place by stitching **2309**, and FIG. 24 illustrates the use of anchor **2300** to anchor the elongated member [[120]] **420** of the exercise device to a tree. It is preferred that the majority of lengths of strap **2301** are formed of materials that include, but are not limited, to straps of a webbing of a natural or synthetic material having a strength sufficient to support the weight of a device user. Preferred webbings include, but are not limited to, webbings made of nylon, polypropylene or other polymeric fibers. FIG. 24 shows an exercise device **2400** formed from anchor **2300** and elongated member **420**. Strap **2103** is be wrapped about a tree with carabineer **2304** accepting the strap. Loop **2307** accepts strap **429**, allowing the user to exercise against a tree or other object small enough for strap **2103** to be wrapped about.

Please replace paragraph [0075] with the following amended paragraph:

[0075] FIGS. 25 and 26 shows a bracket **2500** for securing exercise device **400** by enlarged first end **411** of anchor **410**, where FIG. 25 is a perspective front view of the bracket, and FIG. 26 illustrates the use of the bracket to anchor the exercise device. Bracket **2500** has a first flange **2503** with a mounting hole **2509** and a second flange **2505** with a mounting hole **2511** and a face **2507** that extends from the first flange to the second flange and includes a slot **2515** that extends into the face a face edge **2513** and includes a central slot **2517**. In a preferred embodiment, bracket **2500** is formed from a single sheet **2501** of sheet metal, for example that has crease [[2517]] **2518** in flange **2503**,

crease **2523** in flange **2505**, and creases **2519** and **2521** between face **2507** and flanges **2503** and **2505**, respectively. The preferred thickness of sheet **2501** is from 0.05 to 0.10 inches, or more preferably approximately 0.0625 inches, and creases ~~[[2517]]~~ **2518**, **2519**, **2521**, and **2523** are placed to such that face **2507** is parallel to and separated from flanges **2503** and **2505** by a distance **D** of from approximately 1 to 2 inches, or more preferably approximately 1.5 inches. Mounting holes **2509** and **2511** are preferably between approximately 1/4 inch and approximately 1/2 inch in diameter, and more preferably approximately 3/8 inch in diameter.

Please replace paragraph [0092] with the following amended paragraph:

[0092] A specific embodiment of finger grip accessory **1900** is illustrated in FIGS. 20A-C, where FIG. 20A is a perspective view of the finger grip accessory, FIG. 20B is a top view 20B-20B of the finger grip accessory, and FIG. 20C is a sectional side view 20C-20C of the finger grip accessory. Finger grip accessory **1900** includes two loops **1910**, first loop **1910a** and second loop **1910b**, and grip attachment portion **1920** includes three portions **1920a**, **1920b**, and **1920c**. More specifically, finger grip accessory **1900** is formed from five straps: a loop strap **2001**, three attachment straps **1803**, and a backing strap ~~[[1903]]~~ **2003**. With the five straps attached, as described subsequently, loop strap **2001** forms first loop **1910a** and finger loop **1910b**, that can each receive one or more fingers, and each of the three attachment straps **1803** forms one of grip attachment portion **1920a**, **1920b**, and **1920c**. It is preferred that the majority of finger grip **1900** is formed of the same materials as hand grip **1700**.

Please replace paragraph [0095] with the following amended paragraph:

[0095] A third example of a grip accessory is grip accessory **2100**, which is illustrated in FIGS. 21A-21C as being attached to grips **123** of exercise device **100**. Grip accessory **2100** has several cords **2110** that can be gripped in different combinations, as explained subsequently, and a grip attachment portion **2120**. In general, the number of cords **2110** can be from one to five, or more, with four being a preferred number, and with each cord having the same diameter and length. It is also preferred that the cords have a grippable length large enough for a human hand, for example a length from 4 inches to 6 inches, and that there is enough additional length to allow the user to pass her hand between cords, as illustrated in FIGS. 21A-21C. The present invention is illustrated by grip accessory **2100** having four cords, denoted as a first cord **2110a**, a second cord **2110b**, a third cord **2110c**, and a

fourth cord **2110d**. The cords can be gripped in almost any combination so that a user can grip any number of cords, from one cord to all 4 cords. FIG. 21A illustrates hand **H** gripping three cords, for example the first cord **2110a**, second cord **2110b**, and third cord **2110c**, FIG. ~~[[22B]]~~ 21B illustrates the hand gripping two cords, for example the first and second cords, and FIG. ~~[[22C]]~~ 21C illustrates the hand gripping one cord, for example the first cord.

Please replace paragraph [0097] with the following amended paragraph:

[0097] A specific embodiment of grip accessory **2100** is illustrated in FIGS. 22A-D, where FIG. ~~[[21A]]~~ 22A is a perspective view of the grip accessory, FIG. ~~[[21B]]~~ 22B is a top view of the grip accessory, FIG. ~~[[21C]]~~ 22C is a bottom view of the grip accessory, and FIG. ~~[[21D]]~~ 22D is sectional side view ~~[[21D-21D]]~~ 22D-22D of FIG. ~~[[21C]]~~ 22C. Grip accessory **2100** is formed from four straps, specifically a backing strap **2205**, a front strap **2207**, and two attachment straps ~~[[1703]]~~ 1803, and two cords **2201** and **2203**. Cords **2110** are formed from two longer cords **2201** and **2203**, and grip attachment portion **2120** is formed from straps **2205**, **2207**, and ~~[[1703]]~~ 1803.

Please replace paragraph [0098] with the following amended paragraph:

[0098] The two straps ~~[[1703]]~~ 1803 forming grip attachment portion **2120** are attached at their respective central portions between the ends of backing strap **2205** and front strap **2207**. The four cords **2110a-d** are formed from the longer cords **2201** and **2203**. Specifically, as shown in FIG. 22B, cords **2101** and **2103** are side-by-side and folded in half. Each cord forms a loop **2213** near the middle of cords **2101** and **2103**, with both cords lashed together by whipping **2109** and to form a loop **2113** and with the four ends of cords **2101** and **2103** lashed by whipping **2109**. In the sectional view of FIG. 22D, cord **2203** is shown with a first end **2213** and second end **2217** lashed together by whipping **2209**, and a central portion **2215** forming loop **2213** about strap **2207**. Each cord **2101** and **2103** is folded in half, and thus each cord forms two cords between whippings **2109** and **2111**. Specifically, cord **2101** form cords **2210a** and **2210b**, and cord **2103** forms cords **2210c** and **2210d**.

Please replace paragraph [0099] with the following amended paragraph:

[0099] Straps **2105** and **2107** are preferably polymeric fiber webbings. Backing strap **2105** preferably has a length of 5 inches and a width of 1 inch, and front strap **2107** preferably has a length of 6 inches and a width of 1 inch. Cords **2101** and **2103** are preferably cotton cord having a length of

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from approximately 20 inches to approximately 30 inches, and more preferably from approximately 22 inches to approximately 26 inches, and still more preferably approximately 24 inches in length. Cords **2101** and **2103** have a diameter that is preferably from 1/2 inch to 1 inch, and more preferably approximately 3/4 inches. The joints between straps **2105** and **2107** and attachment straps **[[1703]]** **1803** are preferably double stitched. The resulting grip attachment **2100** has four cords with approximately 10 inches of grippable length, allowing enough room for a human hand to pass between and grip cords **2110**.